

# UTILIZATION REVIEW TRIGGERS

## **Physical Therapy, Chiropractic, Massage & Acupuncture**

PT exceeding 6 visits or 12 visits if post surgery  
Chiropractic visits exceeding 6 visits or 12 visits if post surgery  
Acupuncture  
Massage  
Gym membership  
Work Hardening/Work Conditioning  
Biofeedback  
All Non-Medical exercise or treatment programs:  
- Reflexology  
- Aerobics  
- Personal Trainers  
- Aquatics  
- Pilates

## **Testing**

High dollar diagnostic testing to include:

- Repeat MRIs with no clear objective
- New MRIs with questionable objective findings
- CT Scan
- Myelogram
- Discogram
- EEG
- Non Emergency Angiograms
- All Carpal Tunnel Evaluations
- Arthrogram
- Video Fluoroscopy
- EMG/Nerve Conduction Studies
- ECSWT – Extracorporeal Shockwave Therapy

All repeat diagnostic testing within a 6 month period of initial test to include:

- Repeat MRIs with no clear objective
- New MRIs with questionable objective findings
- CT Scan
- Myelogram
- Discogram
- EEG
- Non Emergency Angiograms
- All Carpal Tunnel Evaluations
- Arthrogram
- Video Fluoroscopy
- EMG/Nerve Conduction Studies
- ECSWT – Extracorporeal Shockwave Therapy

## **Pain Management**

All Epidurals beyond first Injections  
Experimental Treatment  
Treatment that exceeds 12 weeks  
Morphine pumps  
Facet Nerve Blocks, and Selective Nerve Root Blocks  
Chemonucleolysis  
All Spinal Cord Stimulators  
External and Implantable Bone growth stimulators  
Pain Pumps – post op and for chronic pain  
Prolotherapy  
Botox  
Synvisc, Hyalagon, or Supartz injections  
IDET (Intradiscal Electrothermal Therapy)  
Radiofrequency lesioning of any nerve  
Experimental Treatment

## **Surgeries & Hospitalizations**

All of the following:

- In-patient hospitalizations
- Back Surgeries
- Surgical Requests (inpatient and outpatient)
- Concurrent Reviews for all extended stays

## **Prescriptions**

All of the following:

- Prescriptions for pain management after the first 30 days, such as ibuprofen and oxycontin;
- Prescriptions for opiates, muscle relaxants, sleep aids, psyche medications, and non-industrial medications;
- Prescriptions for life style drugs, such as viagra and ginkoba; and, long term need/use of prescriptions, including all future medical prescriptions.
- Psyche medications
- Non-Industrial Medications
- All IV or IM Antibiotics administered in the Home

## **Other**

All of the following:

- Weight loss programs;
- Durable Medical Equipment over \$300.00(excluding crutches & wrist splints)
- Bone Growth Stimulators
- Work Hardening or Work Conditioning
- Non-Emergency Dental Services including dental care or dental appliances
- Biofeedback
- Requests for treatment following latent periods (more than 8 weeks) of same or similar types of treatment
- On-going Psychological Testing and/or services
- Cognitive Therapy
- Referrals (consultations not associated with the injured body parts); and, housekeeping and all home services.
- Airline Tickets
- Hair Removal
- Hot tub or Spa